

and America must, we must, stand with him and every Ukrainian.

I commend President Biden's rallying calls to our allies in response to Russia's military invasion of Ukraine, and urge continued support for the Ukrainian people as they violently resist tyranny in the name of freedom and democracy.

Putin's actions are barbaric. They are a disregard of human rights, violating Ukrainian sovereignty and posing a threat to all of us across the planet.

His actions are hurting the people of Russia as well. Dozens of cities across Russia saw people being arrested as they demonstrated against this illegal war.

It is heartbreaking that during Women's History Month, on International Women's Day, we are witnessing thousands of Ukrainian women fleeing their homeland with their children to bordering countries.

The United States and our allies must do everything in our power to prevent this from happening again.

Mr. Speaker, I have introduced a resolution calling on Vladimir Putin and the Russians to be held accountable for war crimes.

SPIKING GAS PRICES

The SPEAKER pro tempore. The Chair recognizes the gentleman from Virginia (Mr. CLINE) for 5 minutes.

Mr. CLINE. Mr. Speaker, we all stand united with our allies across Europe and with the people of Ukraine against Vladimir Putin's aggression against this democratically elected country.

We also support actions to stop the purchasing of Russian oil. But without action to increase production here domestically, the American people will suffer.

It was only 2 years ago when, for the first time since the mid-1950s, under President Donald Trump's leadership, the United States was a net total energy exporter in 2019 and 2020.

This was made possible because of the Trump administration's commitment to increasing domestic production of oil and natural gas, which drove costs down and benefited American consumers.

But, sadly, look at where we are now. In just 13 months of President Biden's liberal energy policies, we are now facing skyrocketing gas prices. Even before the crisis in Russia unfolded, gas prices had increased 40 percent, marking an 8-year high.

Now, because of President Biden's Green New Deal attitude and reversal of Trump-era policies, we are once again reliant on countries overseas, and energy costs are soaring.

In my district, across the Roanoke Valley, the cost of a gallon of gas has increased nearly 72 cents in the past month alone. This increase, in and of itself, will cost the average driver \$363 a year for those who fill up three times a month. That might not seem like a

lot to Washington elites, but it sure is for folks in rural areas like mine.

I urge President Biden to pursue an American agenda to help get this country back to energy independence. If all Joe Biden does is ban Russian oil imports without increasing production domestically, we know where the blame lies for spiking gas prices: 1600 Pennsylvania Avenue.

CONGRATULATING THE STRASBURG HIGH SCHOOL WRESTLING TEAM

Mr. CLINE. Mr. Speaker, I rise today to honor the Strasburg High School wrestling team for winning this year's VHSL Class 2 State championship.

This victory marks the program's fifth overall State title and the first in 22 years.

The Rams dominated the competition, ending the tournament with a total score of 218 points. This was truly impressive, considering the runner-up, the four-time defending champion, Poquoson High School, scored only 150.5 points, meaning the margin of victory was nearly 70 points.

This win was a total team effort, with all 11 Rams wrestlers who qualified for the tournament placing in the top four of their weight class. As Coach Daniel Reynolds noted:

It is an incredible feat that we were able to bring 11 and place 11, bring six to the finals. To have three champions of six finalists is great.

The three Strasburg athletes that took home individual titles were sophomores Heath and David Burks and junior Chuck Fake.

Further, with only one graduating senior in the starting lineup this year, the prospects for another great season are high.

Congratulations again to the Strasburg High School wrestling team. They deserve it.

HONORING THE LIFE AND LEGACY OF NICK HELMER

The SPEAKER pro tempore. The Chair recognizes the gentleman from Illinois (Mr. SCHNEIDER) for 5 minutes.

Mr. SCHNEIDER. Mr. Speaker, I rise today to honor the life and legacy of Nick Helmer, the late, beloved mayor of Prospect Heights, and someone with whom I was proud to have a friendship.

Mayor Helmer was a dedicated public servant, serving as mayor since 2011. His tenure transformed Prospect Heights. He led the city out of a lingering recession into what he lovingly called Prosperous Heights.

Throughout his 79 years of life, Mayor Helmer shaped Prospect Heights, building a home with his wife, Gail Ann Helmer, and raising their two children, son Nick Helmer, Jr., and daughter Rebecca.

Through his work, he literally built both Prospect Heights and Chicago with a career and a passion for real estate. He was recognized as Chicago's Certified Property Manager of the Year.

One of my favorite memories was joining Mayor Helmer for the Fourth of

July parade in the parade marshal car. Over the course of the parade route, I got to see firsthand his passion for his community, his love of his constituents, and the mutual love they shared for him.

Mayor Helmer leaves a huge hole in Prospect Heights and a hole in all of our hearts. He will be sorely missed. May his memory be a blessing.

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IN SUPPORT OF UKRAINE

Mr. SCHNEIDER. Mr. Speaker, I rise to affirm Congress' resolute support for Ukraine and the Ukrainian people in their defense of the unprovoked, unlawful Russian invasion.

The world will hold Vladimir Putin accountable for his invasion and the actions of his armed forces. He is solely responsible for this war, its devastation, the senseless deaths of thousands of Ukrainian forces and civilians, and the forced migration of millions more. Putin's war is an affront to every nation and to all people that respect international law and self-determination.

I commend the administration's swift and strong response to unite NATO and other allies against the Russian aggression and for heeding Congress' call to ban imports of Russian oil.

In Congress, our bipartisan support for Ukraine and the Ukrainian people and for isolating and sanctioning Putin and his regime is rock solid. The United States, together with our allies, must do all we can to compel Putin to end this unwarranted, illegal war. We must do all we can to help the Ukrainian people in their struggle and their fight for their independence and their freedom. Putin must know that Americans and people of conscience around the world stand with the people of Ukraine; and that we will stand strong until Ukraine is again free.

HONORING AND REMEMBERING BETTY GRIFFO

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from New York (Ms. TENNEY) for 5 minutes.

Ms. TENNEY. Mr. Speaker, on International Women's Day it is fitting that I rise today to honor and remember Mrs. Betty Griffo of Rome, New York, who served our community with distinction.

Mrs. Griffo passed away this January at the age of 94 surrounded by her loving family.

Betty was a hardworking seamstress for 15 years and a woman of great faith, having been a long-time member of the Church of Saint John the Baptist, where she impacted so many lives through her intentions and rosaries.

Betty's personal struggle to fight and defeat cancer is a stirring example of her courage and tenacity. Betty's compassion for others is revealed by her commitment to help so many others through her involvement in the Relay for Life organization.